Can Bitter Melon Inhibit Your Body's Healing Processes? (Cholesterol and Triglycerides Explained)

By Joachim Bartoll | Dec. 17th, 2024

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Let's look at yet another backwards-thinking study as summarized by Examine.com. While their incredible ignorance may be laugh-inducing, it's actually quite serious as studies like these feed the extreme misinformation that everything today is built upon, as in all the lies and deceit pushed by the elite's agendas, and all these studies will ultimately hurt a lot of people.

> *"The effect of supplementation with bitter melon on total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides."*

You should never interfere with total cholesterol, LDL cholesterol or HDL cholesterol as these are controlled by the body depending on need. Cholesterol is needed by all cells in the body, especially in blood vessels and in the brain. If cholesterol goes up, it's because it's needed for tissue repair. If LDL goes up, it's proof that this lipoprotein is carrying cholesterol to the tissue that needs it. That is a good thing. However, if HDL goes up, it's a sign that the body has trouble using cholesterol and it's being brought back to the liver to be excreted or recycled. That is a very bad thing.

In summary, cholesterol plays a vital role in cellular repair by **maintaining cellular membranes, repairing damaged membranes, facilitating remyelination, regulating inflammation, and participating in cellular signaling pathways**. Its importance in cellular repair highlights the need to maintain healthy cholesterol levels and balance in the body.

When LDL levels are elevated, it indicates that tissues are actively repairing and rebuilding themselves. This is because LDL is delivering cholesterol to these areas to support the repair process. In this sense, high LDL is not a negative indicator, but rather a sign of physiological activity aimed at maintaining tissue health.

And triglycerides are a natural type of fat found in the blood. They are an important source of energy for the body and are necessary for its normal function. Triglycerides are organic compounds consisting of one glycerol molecule and three fatty acid molecules, connected through ester linkages. However, if you have been deceived into consuming toxic carbohydrates, your body will form triglycerides from the breakdown of dietary fats and carbohydrates, thus increasing the levels of triglycerides above normal physiological levels, the same way as with carbohydrates and blood glucose. This will stress the body and cause a lot of damage, mostly from the enzymatic conversion process (oxidation) of making them bio-active.

Dietary Triglycerides: Triglycerides from dietary fat are absorbed in the intestine and transported to the liver via the lymphatic system, where they can be metabolized to produce energy or stored in adipose tissue.

Carbohydrate Conversion: When carbohydrates are consumed, they are broken down into glucose in the gut. Excess glucose can be converted into fatty acids through a process called de novo lipogenesis, which occurs in the liver. This process involves the conversion of glucose into acetyl-CoA, which is then used to synthesize fatty acids.

Fatty Acid Synthesis: Fatty acids can be synthesized from glucose or obtained directly from dietary sources, such as fats and oils. These fatty acids are then transported to the liver, where they are esterified with glycerol to form triglycerides.

Triglyceride Formation: Triglycerides are formed through the esterification of glycerol with three fatty acid molecules. This process occurs in the liver and is facilitated by enzymes called lipases.

Endogenously Produced Triglycerides: In a fasted state, the body produces triglycerides from carbohydrates through a process called lipogenesis, which occurs in the liver and adipose tissue. These triglycerides are then stored in adipose tissue and can be broken down to produce energy when needed.

Yes, triglycerides are essential for proper bodily functions. They:

1. Provide energy for the body, particularly during periods of fasting or caloric restriction.
2. Maintain cell membrane integrity and function, ensuring proper cellular communication and signaling.
3. Facilitate the absorption and utilization of fat-soluble vitamins, which are crucial for various physiological processes, including vision, bone health, and immune function.

In summary, triglycerides are a vital component of human physiology, **serving as an energy reserve, maintaining cell membrane structure and function, and facilitating vitamin absorption**. Their dysregulation can have significant consequences for overall health and well-being.

> *"A total of 423 men and women (average ages of 45–60).*
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> *The participants included people without known health conditions and people with type 2 diabetes, prediabetes, obesity, or knee osteoarthritis."*

Ok, carry on.

> *"A meta-analysis of 8 randomized controlled trials was performed. Two trials were conducted in Mexico, and 1 trial each was conducted in India, Malaysia, the Philippines, Japan, Tanzania, and Korea.*
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> *The daily dose of bitter melon ranged from 1,000 mg to 4,500 mg, with one trial administering 100 mg of bitter melon extract (equivalent to approximately 3,000 mg of bitter melon). The comparator was a placebo in all of the trials. The intervention duration ranged from 4 to 12 weeks."*

Well, simply the idiotic idea of administering anything plant-based should tell you that there will be a toxic and damaging effect and that the chemical compounds from the plant will likely interfere with something in the body until it's been neutralized and excreted. This is always a very bad thing.

> *"Compared to a placebo, supplementation with bitter melon reduced (improved) total cholesterol (−9.7 mg/dL) and triglycerides (−10.2 mg/dL).*
>
> *There was high heterogeneity in most of the analyses, and the risk of bias was high in all of the trials."*

You really disappoint me, Examine.com staffers. Reducing total cholesterol is not an "improvement," it's a very, very bad and unhealthy thing. It's idiotic, as you lowered the body's ability to heal itself! How can you call that an improvement?

Importance of Cholesterol: Cholesterol is a crucial molecule in the body, necessary for various biological functions. It is a structural component of cell membranes, providing stability and fluidity, and serves as a precursor for synthesizing steroid hormones, vitamin D, and bile acids. Cholesterol is also essential for brain function, hormone production, and cellular repair.

Reducing cholesterol below normal levels can be detrimental to the body's overall health, as it can disrupt these essential functions and lead to various health problems.

This likely happened because some compound in bitter melon, just like several toxic flavonoids (rutin, apigenin, luteolin, etc.) and phytocomponents, inhibits HMG-CoA reductase, the enzyme in cholesterol synthesis, thus reducing de novo cholesterol production within the liver. This enzyme is normally controlled by the body on a need basis. Interfering with it will have very severe complications, as seen with all idiotic and deadly cholesterol lowering drugs such as statins. Lowering cholesterol will not only increase all cellular damage as the body will

not be able to repair itself, it will also impact cognitive function as the brain will starve. I've covered this in several articles.

Regulation of HMG-CoA Reductase: According to biology, physiology, and biochemistry, HMG-CoA reductase is normally controlled by the body to manage cholesterol production based on need. This enzyme is the rate-controlling enzyme of the mevalonate pathway, which produces cholesterol and other isoprenoids. The body regulates HMG-CoA reductase activity through various mechanisms, including transcription, translation, degradation, and phosphorylation.

Several plant compounds have been identified to inhibit HMG-CoA reductase, thereby lowering the natural production of cholesterol. Notable examples include:

1. **Phenol 2,6-bis(1,1-dimethylethyl)**: Found in Basella alba leaf extract, this compound showed a high inhibitory effect on HMG-CoA reductase, with an IC50 value of about 74%.
2. **Naringin**: A flavonoid present in citrus fruits, naringin has been shown to inhibit HMG-CoA reductase activity, potentially contributing to its antihypercholesterolemic effects.
3. **Apigenin**: Another flavonoid, apigenin has been reported to inhibit HMG-CoA reductase, suggesting a possible role in cholesterol regulation.
4. **Luteolin**: A flavonoid found in various plant species, luteolin has been shown to inhibit HMG-CoA reductase, potentially contributing to its antioxidant and anti-inflammatory activities.

Remember, cholesterol levels will be high when your body needs to repair tissue damage after toxic exposure, which will require an inflammatory response (healing response.) That is not the fault or the causation of cholesterol, that is the fault and causation of the toxins you likely consumed through your very bad diet.

If you're new to the truth about cholesterol, please read my articles "*Cholesterol, LDL and HDL 101: They Got It All Backwards*," "*Totally Wrong Again About Inflammation and Cholesterol (the Healing Process)*," "*The Truth About Heart Attacks and Life Essential Cholesterol*," "*More on Cholesterol: Natural Animal-Based Foods Can Never Be Unhealthy*," and "*Statins Will Kill! Older Adults Should Consume More Saturated Fats and Cholesterol*."

And while a reduction in triglycerides might be a good thing if the levels are unnaturally elevated, high triglycerides is only a problem if you consume carbohydrates or processed foods high in both carbohydrates and fat — something that does not exist in nature, as its only available by consuming processed foods or by combining plant-based edibles high in carbohydrates with seed/vegetable oils. And since this is highly unnatural and does not exist in nature, it is even worse for human physiology than consuming a toxic-ridden serving of vegetables or fruits.

And a reduction in triglycerides after taking a compound or a drug is usually due to pancreatic lipase inhibition, which means that the production of triglycerides from fatty acids and glycerol is temporarily hindered as the pancreas is "attacked" and damaged by that compound. This means that the body cannot produce its own triglycerides, nor can it convert and produce any from the food you consume while this compound is active, blocking the pancreas natural function. This is really bad if repeated, as triglycerides are essential for the body to function properly — especially since they are crucial for energy metabolism and cell membrane integrity, as well as needed for the absorption and utilization of fat-soluble vitamins.

Introduction to Pancreatic Lipase Inhibition: According to biology, physiology, and biochemistry, several plant compounds have been identified to inhibit pancreatic lipase, thus lowering triglycerides. Pancreatic lipase is an enzyme that breaks down triglycerides into free fatty acids and glycerol, playing a crucial role in fat digestion and absorption.

- **Plant Compounds with Inhibitory Activities**: Various plant compounds, such as phenolics, terpenes, and saponins, have been found to inhibit pancreatic lipase. For example, crocin and its metabolite crocetin from the fructus of Gardenia jasminoides ELLIS water extract have shown potent hypotriglyceridemic and hypocholesterolemic effects, along with pancreatic lipase inhibition.

According to biology, physiology, and biochemistry, inhibiting pancreatic lipase (PL) with a drug or compound has a dual effect on triglyceride metabolism:

1. **Inhibition of endogenous triglyceride synthesis**: Pancreatic lipase plays a crucial role in the hydrolysis of triglycerides in the small intestine, releasing fatty acids and glycerol. By inhibiting PL, the body's ability to synthesize triglycerides from its own stores (endogenous synthesis) is impaired. This reduces the production of triglycerides in adipose tissue and other tissues.
2. **Prevention of dietary triglyceride absorption**: Inhibiting PL also blocks the hydrolysis of dietary triglycerides in the small intestine, preventing their absorption into the bloodstream. This means that carbohydrates and fatty acids from food are not converted into triglycerides, which are then transported to adipose tissue for storage.

A triglyceride lowering effect can also be from an increased need of omega-3 fatty acids to neutralize and repair the damage from these compounds, as omega-3's are also needed for cell membrane integrity. If enough triglycerides are available, an increase in omega-3 prioritization and metabolism through beta-oxidation temporarily reduces the need for producing triglycerides, lowering the natural production of them, only leaving what was produced from the consumed food. In turn, that means that your body will use up some of the triglycerides converted and made from food while not producing any on its own when entering a fasted state after the meal, thus reducing the unnatural high levels of triglycerides in the blood down to their normal range.

With all that in mind, if you're healthy and following an animal-based ketogenic diet, a reduction in naturally occurring triglycerides would be very unhealthy, leading to lowered energy levels, increased cell damage and disrupted bodily processes. Not good at all.

> *"The high levels of heterogeneity and poor methodological quality of the trials included in the meta-analysis reduce our confidence in the findings."*

Does not matter as anything plant-based is toxic, just like any man-made chemicals, drugs or "medicines." The important message is that cholesterol is needed by the body and is also regulated by the body. Do not interfere with it. And if your cholesterol levels are high, it's because your body is desperately trying to repair all the damage you do to it by your bad diet. Change the diet!

And as for triglycerides, they are a natural compound made by the body in every healthy individual. Only high levels of triglycerides from a bad diet can pose a problem. Again, change the diet!

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

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